



Skillet Chicken & Dumplings

READY IN



40 min.

SERVINGS



40

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking mix all-purpose
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 0.3 cup knudsen cream sour
- 14 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup flour
- 2 Tbsp parsley fresh chopped
- 0.3 cup milk
- 1 Tbsp oil
- 2 Tbsp parmesan cheese grated kraft

- 10 oz peas-carrots mix shopping list frozen
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

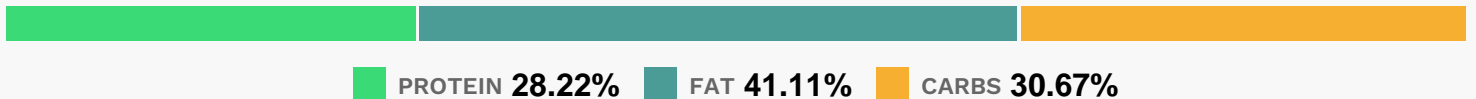
Equipment

- bowl
- frying pan
- whisk
- toothpicks

Directions

- Heat oil in large deep skillet on medium-high heat.
- Add chicken; cook and stir 4 min. or until no longer pink.
- Transfer to bowl.
- Add broth gradually to flour in small bowl, whisking constantly until blended.
- Add to skillet; cook and stir on medium heat 2 min. or until thickened.
- Add cream cheese spread; cook and stir 3 min. or until melted.
- Remove from heat; stir in chicken and vegetables.
- Stir baking mix, sour cream and milk just until baking mix is moistened. Spoon into 6 mounds over mixture in skillet; cook on medium-high heat 2 min. Cover skillet; cook on low heat 15 min. or until chicken is done and toothpick inserted in dumplings comes out clean.
- Top with Parmesan and parsley.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:2.9356521815062%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 47.78kcal (2.39%), Fat: 2.18g (3.35%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.58g (0.64%), Cholesterol: 10.33mg (3.44%), Sodium: 116.3mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin A: 733.16IU (14.66%), Vitamin B3: 1.53mg (7.63%), Selenium: 4.59µg (6.56%), Phosphorus: 51.88mg (5.19%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 3.62µg (3.44%), Vitamin B1: 0.05mg (3.08%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.23mg (2.3%), Folate: 8.67µg (2.17%), Potassium: 70.01mg (2%), Manganese: 0.04mg (1.79%), Calcium: 17.57mg (1.76%), Iron: 0.27mg (1.48%), Vitamin C: 1.2mg (1.46%), Magnesium: 5.75mg (1.44%), Fiber: 0.33g (1.33%), Vitamin B12: 0.07µg (1.15%), Zinc: 0.15mg (1.01%)